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# HEALTH *for the* FAMILY IN WARTIME

By

MARY I. BILLET, M. T. D.



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Proceeds of the first two hundred copies to go to the Soldiers' Club House,  
Wrightstown, New Jersey.







## **GENERAL DEDICATION**

To those who feel it their patriotic duty to con-  
serve food—and to be most efficient through perfect  
health;

The End—  
Service.

The Means—  
Health.

To those patients who have put these principles  
into practice and thus made them valuable;

In the use of our  
knowledge lies  
its power.

This work is dedicated.

**Mary I. Billet.**

477 Main Street,  
Orange, New Jersey.  
June, 1918.

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## FOREWORD

The keynote  
economy and  
simplicity.

Community  
text-book.

Experiment  
and  
compare results.

Be original.

This book stands for economy of foods and simplicity of thinking and preparation.

Each group of recipes is built on one foundation recipe.

For this reason this book is invaluable as a text book in schools and community classes of housewives who arrange to study together and compare notes as they practice with the foundation recipes and their variations.

Such a method of group study will show the unlimited number of recipes that can be made from the basic recipe.

Guided by this, dare to make your own combinations. For example, instead of using a cup of boiled rinds in fruit cake, use a cup of stewed rhubarb.

Should you desire plans for co-operative study, write the Author.

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## INTRODUCTION

Women! Are you patriotic? To serve your country you yourself must have good health; and you must help to conserve certain foods for our Boys.

For some years the method of feeding herein advocated has been tried by the sick and the well, with the result that the sick became well and the strong gained in energy and reserve force.

On account of satisfactory results, many enthusiasts asked for a book of recipes, and explanations of the body's needs.

The request came again from Mrs. E. A. Miller, on the ground that the patriotic were seeking simpler menus, that would give the maximum of health for the minimum of expense and time for preparation.

Help, and certain foods, are scarce, and will be more so should the war continue. There are other foods about us in abundance—perfectly adapted to nourish us—and not adapted to long distance transportation—which we will thoroughly enjoy as soon as we allow ourselves to become familiar with their uses.

Be encouraged by the fact that these recipes and menus have been tried by the living, who have learned to enjoy these dishes, and to get and maintain good health by their use.

A fair trial will convince the most conservative.

"Self-preservation is the first law of nature." On every hand we hear discussions about "food." It is a problem worthy of our attention. Is it the material we swallow? Then why are some ravenous eaters anemic, and in ill-health? Why are they even poorly nourished?

How much of the food you swallow do you think nourishes you? Only the amount your body assimilates, or "burns." ALL THAT YOU EAT IN EXCESS OF WHAT THE BODY OXIDIZES CLOGS THE ORGANS AND FUNCTIONS.

Eat to live.

Save the rest

Others have gained much.

So may you, if you will try and try again.

Success in this is not imitation of the dishes you used to make.

Try to make these dishes so well that they look good, taste good, are good.

If you don't succeed the first time, don't give up. Beginners are not qualified to judge.

What is "Food"?  
The answer is in oxidation.

Look to the human stove.

**Don't choke  
the drafts.**

Do you know how to run your furnace? Do you know how to get the maximum of heat from the minimum of coal? Do you remember that you had to get used to your particular apparatus and variety of coal? Have you learned that when you put on enough coal to choke off the drafts you get more clinkers and coal gas, and less heat? Do you know that it takes less coal and less of your energy to make your furnace run above par than below par? When you run a stove below par (i. e., with the drafts choked off) you have to shovel on more coal, and shake a heavier fire, and clean out more clinkers and ashes.

**Why is food?  
Many ills due to  
fermentation and  
incomplete  
or retarded  
elimination.**

Food supply that the body does not burn up is an obstruction to proper bodily functioning, resulting in hardening of the arteries, with high blood pressure, kidney, lung, liver, and other troubles, which can be overcome by removing the clinkers.

**Your health  
investments are  
in foods.**

**Invest  
judiciously.**

Our choice of foods, as to chemical value, is something like an investment. The person who invests an enormous amount of money may lose all he had; whereas a man who invests a small amount judiciously draws remunerative dividends.

**The digestive  
functioning is  
like the operating  
of a great factory.**

If we could realize what a wonderful body we have, and what a variety of materials it can manufacture from the simplest and coarsest foods, we would eat those articles of food which would give each part of the body the proper amount of work to do. Then, with all parts of the body working normally, we would not have so many functional and organic diseases.

**Give the body  
the simplest  
materials.**

Many intelligent people think that we should eat the foods of high nutritive value, regardless of any other consideration. The body is not given any credit for its ability to manufacture what it needs.

**It will convert  
them into what  
it needs.**

**Don't burn out  
the fuses by  
turning on too  
much power.**

If the body gets the most nourishment out of the highly nutritive foods, why are those people who live on eggs, meats, milk, fats, etc., not better nourished—i. e., in a healthier condition? Are not many of the anemic people whom you know fed with the so-called "best" foods?

**Avoid eggs,  
meats, and other  
stimulating foods.**

Lack of proper elimination holds the toxines in the body, causing fermentation of the newly eaten food, further checking the proper functioning of as-

similation and elimination. The toxines could not readily be stored up if the excretory channels were in working order. Stimulating foods cause fermentation, thus adding to the burden of toxines. Foods must be chosen which, instead of poisons, will supply the body with the material to manufacture good red blood to be carried to the various parts of the body to replace dead tissues. These wholesome activities will help to re-establish proper elimination.

Drink plenty of water.

Headaches and pain around heart often due to gas rising from fermented food.

All foods (including milk, fruit juices, and other foods of this nature) should be thoroughly mixed with saliva in the mouth. But since the tendency of stimulating foods is toward fermentation, especial care should be taken that a sufficient quantity of saliva and other digestive juices shall be mixed with the food to minimize the fermentation, and convert it into nourishment and fuel for the body instead of into toxines.

Why are teeth?

Why is saliva?

The vast variety of highly seasoned and rich concoctions are also stimulating, and—though they please the palate, and are of a high nutritive content, chemically—they too cause fermentation and contribute to the store of toxines which cause disease.

High seasonings, c.c., tasty, but injurious.

Just because your stomach has not yet rebuked your inconsistencies and your impositions, in a loud voice, is no reason why you should ignore the hints nature has given you, and eat the simpler foods that will give you glowing health.

Nature warns you long before the trouble is serious.

Try this method of living, for a few months, and you will be convinced. At first you will lose a few pounds of your weight (though you may already be thin). Then you will gradually reach your normal. And none of it will be "dead weight" which makes you a burden to yourself. But stick to the plan day in and day out.

Heed her, and avoid that trouble.

Every pound a healthy pound.

Half a trial is no trial.

But you say that you are unaccustomed to eating so simply, and you miss the sauces and gravies and pickles and spices. Yet, you do know that if a business man refuses to adopt new business methods he is pushed to the wall. What would be the outcome of all new inventions if we refused to adopt the new articles because we had never used them before?

The more radical the change is for you, the more you need to make it, and the more character it will take to do it.

**Presently we shall have "doctors of health," whose duty it will be to teach us to keep well.**

**And we will be subject to punishment for our offense against society if we fail to do so.**

**Pallor—in food or faces—is no longer the height of fashion.**

**Nature's law for the body's care.**

**This fundamental knowledge means common sense and a true æsthetic sense.**

**The result—**

**Health and power to achieve up to our highest ability.**

Millions of dollars have been and are being spent in Laboratory Research work. And still the so-called "incurable" diseases—such as Infantile Paralysis, Bright's Disease, Diabetes, Cancer, Locomotor Ataxia, Goitre, Asthma, Hay Fever, etc., etc., still baffle the searchers.

Noting the lack of positive results in regard to these and other diseases, you would be only just to yourself—if you are a sufferer—in trying something different. **RESULTS**—whether they can be proved in the laboratory or not—should speak for themselves. If you are below par, you have nothing to lose, and so much to gain. Try the natural way.

Our ideals in art have changed. We must also change our ideals of what looks appetizing and fit for the stomach.

We have thought that white and pasty-looking food-stuffs were dainty-looking, and good enough to eat, until our young children, our men and women, look pasty too. Anemia has been fashionable. But we are awaking to our inheritance—"Made in the image and likeness of God"!

The æsthetic side of our food sense needs training. The old chromoes no longer appeal. Liking for the pallid loaf is rapidly giving way to appreciation of the far more appetizing qualities and value of the wholesome-looking crisp brown crust. As we individually realize that the brown flour or rye or corn meal products are more healthful than the white flour residues we have been idealizing, we will each of us rejoice in the browns and yellows and grays of the new era breads, biscuits and cakes.

Our growing knowledge of what is natural for the body will reform our æsthetic food sense as it has our sense of the beautiful in the human figure, and our eyes and taste will glory in the satisfaction of the body's highest needs.

The result will be glowing health, with a spirit that cannot be bought in bottles.

## A FEW THINGS TO REMEMBER

There is a Natural Law of Compensation.

We have neglected to chew our food sufficiently—  
hence it has become necessary to have dentists to  
preserve our teeth.

The stomach has  
no teeth.

The first aid to good digestion is saliva. This must be mixed with the food in the mouth to prevent fermentation.

Use those  
you have.

The real test of keen hunger, or need of food, is the flow of saliva at the sight, smell or thought of food. Gnawing in the stomach is an abnormal craving, indicating some derangement of the system.

Eating will not  
cure gnawing in  
the stomach.  
Conquer  
the cause.

If you need spices, pickles, or high seasoning, to make you enjoy your food, omit a few meals until you can enjoy nature's bounty without appetizers. If the body doesn't send out a healthy call for food, appetizers will never make it assimilate.

You may fool  
yourself, but you  
can't fool  
your stomach.

The juices of oranges, grapefruit and pineapples make fine substitutes for regular meals when those "don't taste real good," i. e., when the body is out of order.

It advises you  
well. Heed it.

If you eat when over-tired, digestion is retarded and fermentation is the result.

Why waste food  
this way?

PERFECT FEEDING means COMPLETE COMBUSTION, and COMPLETE OXIDATION OF FOOD means PERFECT HEALTH, and (what is more significant) IMMUNITY FROM DISEASE.

Learn from  
Mother Nature,  
the great  
economist.

The calorie system is helpless to bring about perfect health. To get caloric value from a food the functions of the body must be NORMAL.

Don't ask a weak  
organ to do  
hard work.

Also, mineral salts, which have no calory value, are necessary to health. Forget calories, and use common sense.

When you  
bought this book  
you invested  
in health.

The menus given in this book will get sick people well, and make the healthy people healthier, until life is a continuously pleasant sensation.

Make the invest-  
ment pay.

HELP YOUR CITY with the Garbage Problem. HOW? By saving everything that is usable. If you do not want or need it, find some one who does.

Waste in your  
kitchen means  
hardship  
elsewhere.

All left-overs can be combined to make delicious soups or delicious baked dishes. (See vegetable recipes.)

Save every ounce  
of food value.

## BE YOUR OWN DOCTOR

Colds are easily driven off. Any of the following ways will rid you of an ordinary cold.

1. Abstain from food, and drink plenty of water.

Act promptly. 2. For each meal eat only grapefruit juice, orange juice, or pineapple juice; with plenty of water between meals.

Eat sparingly or not at all. 3. Breakfast as above. Eat baked, boiled or raw onions for both lunch and dinner, with bread (only a small amount).

Flood the system with water. 4. Put a little salt on tongue to make saliva flow, and expectorate. Repeat.

Help the body to perspire. 5. Take hot bath for 15 or 20 minutes, or until perspiration starts; then a cold or cool shower or spray, quickly. Roll in warm blanket, and retire, well covered, but keeping windows open.

Make natural eliminations easy. If the cold is very severe, drink hot lemonade after bath.

This bath may be taken instead of a meal, or THREE HOURS AFTER one.

In the morning take a cool sponge bath.

6. ONE HOUR BEFORE a meal, or THREE HOURS AFTER one, take a cool or cold SITZ bath for half an hour, keeping the feet and body well covered, and gently lave the abdomen.

Constipation. For a severe cold, take two or three times daily.

Eating foods that (a) Are not clogging. If you are constipated, eat fruit, or dried fruit conserve, and bran bread, for breakfast.

(b) Will help to clean walls of intestines. In severe cases, use Christian's Bran according to directions.

Increase power of muscles and circulation. Lie on your back, and ride a bicycle in the air for a minute or two before retiring, or walk around in your room on hands and feet for five minutes daily.

A FAST will shorten the life of any fever.

Fever.

Give the patient plenty of water, and no fever will develop or "run its course" under these conditions.

Let the stomach rest.

The body is a good manager, and is always ready to supply energy in a crisis when the functions cannot take care of food.

Drink plenty of water.

When the fire in the furnace is low you shake down the ashes and clinkers before adding coal. Give the body the same treatment.

A word to the wise is sufficient.

The HECTIC FEVER of tuberculosis is the only kind that needs treatment, and proper food. All others will respond to the correct fasting cure.

THOSE who are predisposed to rheumatism will get a pleasant surprise if they will live on sweet or sour milk, or buttermilk, with baked potato, or bran bread.

Rheumatism.

Eat this three times daily.

(This is a perfectly balanced diet for anyone.)

For those who cannot take milk, have a fruit breakfast; green salad, or fruit salad, or some nuts and raisins, for lunch; and for dinner one or two green vegetables, and a piece of bran bread.

HIGH blood pressure and hardened arteries can both be benefitted by following the feeding directions given under RHEUMATISM.

SPECIAL and MONO diets are advised for some individuals, for a limited time only, as an omnivorous practice is best for many reasons. However, the wise person will get his variety from day to day rather than in one meal.

Mono diet for limited periods.

You wouldn't spend your whole bank account on one suit of clothes! If your SAVINGS are very large, you can afford to spend largely, sometimes, without feeling the loss of your cash. Then GET WELL first. After that you may be reckless sometimes if you wish. Get yourself so fit that you can occasionally eat anything put before you without getting out of order.

Eat to live.

Eat for tomorrow.

Meat or eggs may be eaten once in a while if one so desires.

To-day's strength is already provided for emergency.

Living on stimulating or rich foods is indulgence. It is the WRONG omnivorous diet to fit one for an emergency.

## LABOR-SAVING SUGGESTIONS

**Think out an easier way than you have drifted into.**

See how few dishes and utensils you can manage with when baking or cooking. The most efficient worker will use the fewest.

**Plan an energy-saving sequence.**

See how clean you can keep yourself and your surroundings while working.

See how much you can accomplish by doing only a little work. Have a reason for everything you do, and for doing it then.

It is true efficiency to get to the table the most nourishing food, with the least expenditure of strength, money and time.

**For instance,**

Why grate cheese for a baked dish? It is unnecessary. Probably it was invented by the man who wanted to sell graters! And women fell for it, and it became a habit, and has kept you in the kitchen an unnecessary length of time! Crush, break, or cut the cheese into small pieces and sprinkle over, or mix with, the materials desired. This will save your knuckles, and you will avoid cleaning the grater.

**Free yourself from unnecessary, time-stealing habits.**

**Then you can practise your music or raise vegetables (and health) in your community garden.**

Cook the amount of perishable food you need from day to day, and save your ice bills and the care of a refrigerator. Cooked food deteriorates.

## TO THE SUFFERING

DRINK plenty of water.

LIVE on orange juice, or pineapple juice (Dole's is good), for a few days, or until you are hungry.

UNTIL you regain your vitality, eat a fruit meal for breakfast; cereal and milk or cream for lunch; and one or two vegetables, with potato, rice, or bread, for dinner.

THE LESS you eat, the better chance you give your body to right itself.

SHOULD you find yourself weak after omitting a meal or two, remember that it is because your mental attitude toward occasional abstinence is wrong; or your food for the day before yesterday was not nourishing.

It takes 24 to 48 hours before you get real strength from the food you eat, so you cannot miss the nourishment until a day or so later. Hence any sensation of weakness after omitting a meal is due to the lack of "kick" or stimulant in that meal, and you have been depending on stimulants, instead of nourishing yourself. If your strength is no more genuinely supported than that, you are "skating on thin ice," and are due for a bad break unless you re-establish the reserve.

Normally, the body has nourishment stored up for emergencies and crises, and a few days' fast is fine for the average person who "does not feel well." A good financier always has a bank account. The body has one too, when properly treated. If you build a fire with paper only, it blazes into a fine flame, but leaves no glowing coals or cinders to give any further heat. Hard wood and coal give no such blaze, but you do get strong, steady heat.

YOUTH can be prolonged, because expert workmen are continually at our service for rebuilding the body. We need only to supply the proper materials. A well taken-care-of house LOOKS BETTER as well as LASTS LONGER than one that is neglected or abused.

How much you appreciate an occasional day when—all by yourself—you can "catch up" with your work!

Your stomach and intestines will do their housekeeping all the better if you give them the same sort of a holiday once in a while.

Stimulation not the same as nutrition.

Robbing the bank of health.

Have you done that to your family?

A steady fire requires substantial fuel.

Fulfil the law of Nature.

Good health means good looks.

**Avoid these.**

AVOID all stimulating foods and drinks. Meat and eggs are stimulating foods. Tea, coffee, and alcoholic beverages are stimulating drinks.

**How many things is it easy for you to do at once?**

COCOA, or chocolate, may be used on rare occasions.

DO all your mixing outside of your stomach. ALL combinations should appeal through the eye, and taste good, for ready digestion and assimilation.

**Why ask your stomach to perform feats?**

PRACTICE the ABSENCE of VARIETY at a meal.

ARRANGE to get the necessary variety by changing the menus from day to day.

**Health Bees.**

**BE CHEERFUL. DO TO OTHERS AS IF YOU WERE THE OTHERS.**

**BE CHARITABLE. THINK OF OTHERS AS IF YOU WERE THE OTHERS.**

**BE LOGICAL. SOW WHAT YOU WOULD REAP.**

**BE MASTER OF YOURSELF. YOUR THOUGHTS WILL REBOUND INTO YOUR HEALTH.**

**BE TOO BUSY WITH YOUR OWN AFFAIRS TO MIND ANOTHER PERSON'S BUSINESS.**

**BE SO BUSY TRYING TO PREVENT CONDEMNATION FALLING UPON YOURSELF THAT YOU HAVE NO TIME TO CONDEMN.**

## BAKING

The old standards for bread making are rapidly changing.

The plenteousness of our broad land has bred in us as a people an extravagance that sacrificed the cause of Nutrition to the false and artificial appeal of whiteness.

War conditions have simply speeded up the general awakening. Our duty to the men we are sending abroad compels us to conform immediately. It is no longer merely our own individual concern. We are each one of us responsible to some soldier who faces the danger of short rationing as well as the dangers of battle, for us, for every ounce of wheat we use.

We are under obligation to our soldiers to dis- countenance the practice of milling processes to "refine" flours to satisfy that false ideal of our aesthetic sense.

We are under obligation to them to compel the millers to turn the grains and cereals over to us with their full content of nutriment—with no whit of their food value deleted.

We are under obligation to them to instruct the millers that the time is past for separating the grain into a major part of food strength to be fed to the animals, and a minor part of food strength for the people's portion.

I once heard a woman (whose husband was earning \$15 a week) say: "I don't care how much more nutriment grayish or brownish or yellowish bread has. I don't care if there isn't any nutriment in white bread. I don't like the idea of eating colored stuff, and I shan't eat any but white bread, because that is the only kind I like the looks of."

This woman was one of the many victims of the then current fallacious idea. Now, she must accept the "colored stuff" or go without. Her experiences will soon show her that her body is nourished through her stomach, not through her eyes, and she will realize how inestimably her health is benefited.

Waste is now  
specifically  
wicked.

Our boys have  
gone over there  
trusting us to  
feed them.

Prejudice.  
Stubbornness.  
Selfishness.

I don't believe.  
I won't learn.  
I don't care.

Through the  
compulsions of  
this war we can  
hardly avoid  
being ennobled  
in character,  
enlightened in  
mind, and  
improved in  
health.

Are YOU in any degree like her? Or do you make protest against baking "dirty-looking" bread (as I have heard it called) in the name of YOUR FAMILY, shirking YOUR RESPONSIBILITY, because they object?

**Sell the Hoover idea to your family.**

Should you wish to outwit the grumblers, either in the matter of breads or any other change advantageous to the health of your family, or the war program, surely your "woman's wit" can compass it.

**First ready,**

**first eaten!**

Prepare some bread or dish according to a recipe herein given. At the same time have your orthodox bread or dinner (only in less quantity) in preparation but not quite ready at meal time. While the family are waiting, serve your new dish, just announcing that you (or the cook) made this delicious dish for the first time, and that you hope they will like it as much as you do.

**Gain the children.**

Some will like it, and say so. Others won't, on general principles. They never like anything anyone wants them to. You can set the example by having a second portion, and refusing the regular dinner. Possibly give a gentle hint how necessary it is for every one to show patriotism in eating. This hint may perhaps not be given the first time.

**Every little convert has a power all her own.**

Just try this three or more times a week—always setting the example—then ask how many wish to join you in whole-heartedly co-operating to feed the boys over there.

**Gauge your own patriotism and the patriotism of your family by your success.**

Whenever possible use the gentler methods of discipline. Make the family think they are doing as THEY wish! In reality, the reins are in your hands; and it is your duty to keep your hand firmly on them. However, if these methods fail, fortunately there is a stern MUST back of these food regulations that are so vital to the success of our army.

**Those who adapt themselves to the greater need, readily, cheerfully, and of their own will, are to be honored.**

**Those who complain, and wait to be**

The sufficient provisioning of the army will not have to wait until the women slackers are coaxed into line. **MUST YOU BE CONSCRIPTED?** Or did you **ENLIST** in the ARMY of PATRIOTIC COOKS?

We know that certain food substances, clothing materials, etc., are essential to the lives and success of our Expeditionary Force. We know that it is for us to eat other foods, wear other materials. The

woman who objects to this adjustment of her habits of eating and dressing is not only a slacker—withholding herself, but also an obstructionist—increasing to a definite degree the difficulties of our national task, and the task of the Allies.

driven, dishonor themselves thereby.

As I write this we are publicly informed that the rationing of bread and meat for the French Army, and the French populace as well—the feeble old folk, the women tilling the fields, the little children, of that devastated land—has been reduced—to feed our boys who are “over there.”

Will not that shame us all out of our complacency?

And so I put it to you, is not the woman who goes on cooking with the foods which should be shipped to France and to Italy and to wherever our “boys” are—is not that woman a traitor to them, and to herself, and to the cause for which they are giving even their lives?

Let her serve no dish whose preparation is a reflection upon her patriotism. And if her family would grumble, being but lukewarm patriots, let her silence them with two words:

EAT WHAT IS HERE, AND GROW STRONG, AND GIVE THANKS; OR  
SEEK BOARD AND LODGING WHERE YOU BELONG—IN AN ENEMY ALIEN INTERNMENT CAMP.

Who is not for us is against us.

Woman has filled many roles. Up to this time she has “catered” most humbly to the whims and fancies of her family. This member would not allow anything to appear before him a second time. To serve a “left-over” was considered cause for divorce. One member wouldn’t have this; another member wouldn’t have that. So many courses were necessary before a meal could be called a meal. The family’s position in society required this or that.

Loyal, uncomplaining women back of the soldiers.

Now, mayhap, woman must fill a new role.

Sending the right foods to the soldiers will help them win

Loyal FOOD TYRANTS, hearts strong with the righteousness of the Battle of the Kitchens; hearts tender with the piteousness of the need beyond the Atlantic; WE WOMEN WHO SERVE THE MEALS here, MUST DECIDE WHAT SHALL BE SERVED.

Every woman can learn to make the new dishes palatable and appetizing. But it is true that the eye has much to do with the satisfaction of eating, so it is equally part of our duty to learn to make them attractive. When that is done in any home, the battle for that kitchen is largely won.

**To save fuel.**

Always plan to use all the space in a heated oven.

**Think ahead.**

**WHEN BAKING BREAD:**

Have baked potato, or some other baked dish, for lunch.

**Plan to-morrow's meals to-day.**

Bake some oatmeal or other cookies.

Bake some vegetable roast (q. v.), or some vegetable en casserole.

**If baking, use the whole oven.**

Bake your cereal (using a little more water) for to-morrow's breakfast, or to be combined (for soup, or in some other way) for dinner, or for to-morrow.

**If boiling, make the steam work for you.**

**WHEN BOILING SOMETHING:**

Steam your vegetables, rice, hulled corn, pignolia nuts, etc.

**As your thinking machine speeds up your gas bill runs down.**

Make your gas bills smaller by using your thinker. The more you use it the better you'll enjoy your job, because the work will be interesting.

Learn to regulate the gas (in two ways).

(a) Proportion of air mixed with the gas just before it reaches the burner. Many people use a mixture much stronger than is necessary.

(b) Size of flame. Most people use much more flame than is necessary for boiling and other cooking done on top of the stove. After the boiling once becomes active the flame can be considerably lowered (gradually), without loss of cooking power. Violent boiling is seldom necessary.

**Fuel slogan,**

"Don't let it scorch!" is a false slogan.

**"Just enough!"**

"JUST ENOUGH" to maintain the cooking process required is the real one.

**Baking with soda.**

Whatever is made with baking soda may be put into a gas oven just as it is being lighted, to insure slow, steady rising.

When a coal range is used, put things to rise for half an hour in a warm place.

Learn to use a cooler oven and to bake slower. This will give you the ideal result, a sweet, crisp, delicious, digestible crust on your bread, cake, biscuits, etc.

Bake slowly  
and thoroughly

When you soak a cereal for your baking, do so in the mixing bowl, and then add the other materials.

The fewer motions you make, and the fewer dishes you have to use, to accomplish your work, the more efficient you are.

Cereal bread keeps moist when properly made. Then, too, it is so easy to make that one who likes fresh bread can have it often.

Use cereals in  
bread, cake,  
cookies.

During moist weather, or on hot, sticky days, keep this bread on a shelf in your pantry, the refrigerator, the oven, or the open bread box. Should the bread begin to be sticky, cut into slices and "toast" or dry slowly in oven or toaster or griddle or frying pan, without fat. Butter with Sawtay while hot, if to be eaten at once. Leave dry to save for making puddings, apple Betty, etc., or to eat, dry.

To get the most nourishment out of your bread, cakes, puddings, or sauces, use some Wheatsworth Rye, or Christian's Bran Flour.

Choose flours  
that contain full  
value of  
nutriment.

Use some ground oatmeal or barley flour with your choice of the above in making cake.

Good combina-  
tion for cake  
making.

Cornmeal will make your bread delicious and nourishing.

Boiled natural brown rice may be used advantageously.

You can mash cold potato and add it to your bread.

Sweet potato or squash may also be used, especially in the pan biscuits.

You may use some eggs (if you prefer, and they are not needed for the army), but they are unnecessary. If you do use them, take less flour.

Nuts, raisins, figs, dates, or prunes may be used in all these recipes, to give variety.

Always bind the cereals in a cereal mixture with some flour.

"The hand" that  
stirs the bread-  
bowl" rules the  
world" to-day!

Any substitute flour will hold the bread together.

Wheat flour is NOT a necessity in cooking. All that is needed is for you to be willing to learn. Then go ahead and get acquainted with the possibilities in using cereals and substitutes.

## MIX INGREDIENTS IN THE ORDER GIVEN

### BREADS

**Unfermented No. 1.**

**Extra good with nuts or raisins in it.**

**Bake slowly and thoroughly.**

TAKE 2 cups any raw or soaked cereal, and 2 cups any substitute flour.

Mix with  $2\frac{1}{4}$  cups sour milk, or buttermilk.

Adding 1 teaspoon salt, and 2 scant teaspoons soda, dissolved in  $\frac{1}{2}$  cup boiling water.

Bake SLOWLY, in any size tins desired. Medium size requires at least  $1\frac{1}{2}$  hours. Smaller sizes slightly less time.

**Unfermented Bran, No. 1.**

TAKE 2 cups rye, and 1 cup each bran, and corn-meal.

Mix with  $2\frac{1}{4}$  cups sour milk, or buttermilk, or warm water.

Proceed as above.

**No. 2.**

TAKE 1 cup each cornmeal (soaked or unsoaked), rye, bran, and rice flour.

Proceed as for No. 1.

NOTE: If cornmeal has been soaked, use less liquid.

**Unfermented health.  
No. 1.**

TAKE 1 cup each oatmeal, cornmeal, Wheats-worth rye, and barley flour.

Proceed as for Bran Bread No. 1.

**Unfermented rye  
or "Sweet potato."**

TAKE 1 cup each mashed potato, and rice or barley flour, with 2 cups cornmeal.

Proceed as for No. 1.

**No. 2.**

TAKE 1 cup each cornmeal and oatmeal, with 2 cups each Wheatsworth rye, and boiled sweet potatoes mashed.

Proceed as for Bran Bread No. 1.

**Make whatever combination is convenient.**

NOTE: Many pleasing variations are possible, by substituting for the mashed sweet potato other foods which mash to a similar consistency.

TAKE 1 cup each cornmeal, and rice or barley flour, with 2 cups Wheatsworth rye.

Mix with  $2\frac{1}{4}$  cups sour milk, or buttermilk.

Proceed as for Bran Bread No. 1.

Bake 2 hours in a cool oven.

Wheatsworth  
rye.

TAKE 1 cup each cornmeal, oatmeal, potato, and rice flour.

With  $\frac{1}{2}$  cup nuts or raisins, or both.

Mix with  $\frac{1}{2}$  cup molasses, or syrup.

Adding 1 teaspoon salt, and 2 scant teaspoons soda (dissolved) and  $2\frac{1}{4}$  cups hot water.

Change the combination as convenient.

May be baked as regular loaf, 2 hours, or

May be steamed in tall round tins, greased, 3 hours.

NOTE: The combination may be varied by substitutions such as barley flour for the rice flour, or for the potato as suggested in UN-FERMENTED RYE.

TAKE 2 cups each cornmeal and barley flour. No. 2

Adding 1 teaspoon salt, and 2 scant teaspoons soda (dissolved).

Mix with  $\frac{1}{2}$  cup honey, or syrup, and 2 cups warm water.

Bake or steam as above.

Any of the above recipes may be used, and baked any desired size or shape, in the oven, or on top of the stove. (This is also true of the GINGER BREAD recipe, q. v.)

BISCUITS

Try introducing different fruits.

Try the different combinations given, adding some raisins, or other fruit.

If in a hurry, make the dough slightly thinner, heat dry frying pan or griddle, and drop from spoon for desired size. Have fire low, and bake slowly for 15 or 20 minutes, turning when necessary.

Quickly prepared for unexpected guests.

These drop biscuits can be baked in the oven, and used advantageously by people who eat too fast. Fine for boys, especially at the age when they are apt to gulp food.

For those who eat too fast bake hard to make deglutition difficult without mastication.

**GRIDDLE-CAKES.**

Potato.

TAKE 1 cup raw, grated, sweet or white potato, and  $\frac{1}{2}$  cup each barley flour and cornmeal.

Adding  $\frac{1}{4}$  teaspoon salt, and 1 teaspoon soda dissolved in 2 tablespoons molasses, or syrup.

Mix with enough milk to make cakes the desired thickness.

Bake and serve as desired.

**Cornmeal**

Spread with  
jelly or marmalade, and roll or  
leave flat, and  
dot with jelly  
and crushed nuts.

See that the  
inside is  
thoroughly  
cooked.

TAKE  $1\frac{1}{2}$  cups each cornmeal, and substitute flour.

Adding  $\frac{1}{2}$  teaspoon salt, and 2 teaspoons soda dissolved in 1 tablespoon molasses.

Mix with 3 cups milk.

NOTE: If cooked cornmeal is used, take less milk.

Molasses may be omitted.

Vary by substituting cooked rice or other cereal, or bread crumbs, for the corn meal.

Bake, and serve hot.

**GENERAL:** Griddle cakes should be baked, not "fried." This means using less fat or oil, and a slower fire. For the baking, use Sawtay or other guaranteed pure vegetable product.

**CRISPS.**

Cornmeal

TAKE 2 cups honey or maple syrup, 2 cups cooked cornmeal, 6 cups oatmeal, 1 cup shredded cocoanut.

Stir well together, flavor with almond, or wintergreen.

Drop onto greased pans, and bake thoroughly.

Rice.

Vary, to use any  
left-over cereal

SUBSTITUTE natural brown rice (boiled) for the cornmeal.

Use the almond flavoring.

Add  $\frac{1}{2}$  cup crushed nuts, or sprinkle them over the top.

NOTE: Can be made deliciously with any cereal.

TAKE 2 cups brown sugar, 1 cup warm water, 6 cups oatmeal (rolled oats, not flour), 1 cup substitute flour.

Stir well together, flavor with 2 teaspoons almond.

Drop onto greased pans, and bake  $\frac{3}{4}$  hour.

Mock nut.

Occasionally add two squares chocolate.

NOTE: Instead of the sugar and water, 2 cups thick syrup may be used.

TAKE any recipe for crisps, and add  $\frac{1}{2}$  cup Saw-tay, or other pure shortening,  $\frac{1}{2}$  cup warm water, 2 cups barley or rye flour, and 2 teaspoons soda dissolved in the syrup.

Drop into greased tins and bake as above.

COOKIES.

Use vanilla extract and add 2 squares chocolate, for variety.

TAKE 2 cups any cooked cereal or rice, 5 large apples,  $\frac{3}{4}$  cup nuts and raisins,  $\frac{1}{2}$  cup dark brown sugar or syrup.

Mix well, and bake  $\frac{1}{2}$  hour. Serve hot or cold.

NOTE: If you haven't enough cereal, fill up the measure with bread crumbs. Every crumb of bread and every bit of cereal should be saved, for they can always be used in this way.

Other fruit may be substituted for the apples. If dried fruit is used, soak it first, or add sufficient water, and bake slower.

TAKE as many apples as you need to serve. Cover each with a thin layer of biscuit dough (any recipe).

Place in a baking dish and bake slowly, till the apples are done through.

Serve with honey or maple syrup.

APPLE DUMPLINGS.

Small fruits may be used by shaping the dough first in a cup, putting a few spoonfuls of the fruit in, and then gathering the edges of the dough together, moistening them so they will stay.

The cup should be well floured first, so the dumplings can be lifted or turned out.

Arrange in a slightly greased baking dish.

Use any fruit.

Cherries are delicious.

## **APRICOT SHORTCAKE.**

Delicious with any fruit, and any combination of a substitute flour and a cereal, which you prefer, or find convenient.

## **PIES.**

Make your pies the healthful way.

## **APPLE.**

Delicious served with whipped cream.

Any fresh fruit may be used.

This is too good for you to miss.

## **DRIED FRUIT.**

## **LEMON.**

## **CARROT.**

Use squash the same way.

TAKE  $1\frac{1}{2}$  cups barley flour, and  $\frac{1}{2}$  cup cornmeal. Add 2 scant teaspoons baking powder, and  $\frac{1}{4}$  teaspoon salt.

With a fork work in 2 tablespoons Sawtay (or other guaranteed pure shortening).

Fold in enough ice water to make soft dough.

Bake in the desired thickness (the thicker it is the slower the oven must be, so that it will bake through thoroughly).

Serve hot with stewed or fresh apricots.

Pie may be so made as to be a wholesome food.

Those who prefer a crust made of flour and shortening may use barley or oatmeal flour, and Sawtay (or other equally pure shortening). Sawtay is noted here because it is guaranteed to be a pure vegetable product.

TAKE sufficient cooked rice to spread well on greased pie tin or plate.

Fill with sliced apples, and season to taste.

Bake till apples are done, and serve with whipped cream.

NOTE: This can be easily served, as the rice grains stick together.

Either barley or cornmeal, used in this way, will make a good crust.

Have the courage to try this. If you don't get it just right the first time, try again.

TAKE any dried fruit conserve.

Fill the crust as above.

Bake 20 minutes, and serve cold.

TAKE any recipe you have for the filling, and substitute barley, rice or oatmeal flour for the thickening given. Even cornmeal, or other cereal, will do very well.

NOTE: If you omit eggs, use a little more thickening, and sprinkle the top with bits of jelly, crushed nuts, or shredded cocoanut.

TAKE  $\frac{1}{4}$  cup grated raw carrot.

Add 2 beaten eggs, 3 cups milk, and sweetening to taste.

Prepare crust as for APPLE PIE, pour in the

carrot custard, sprinkle with shredded cocoanut and bake.

Puddings and other prepared desserts should be PUDDINGS. used only occasionally.

Desserts are habits. Usually we are better without them, because the first part of the meal has provided us with everything the body needs for that meal. If a dessert is to be served, plan so the meal is incomplete without it.

"Eat to live."

Many a so-called "dessert" is a complete meal in itself. Use it so.

TAKE  $\frac{3}{4}$  cup dark brown sugar.

Melt slowly in frying pan till sugar is carameled.

Add one pint of milk and stir slowly till caramel is melted.

Add 2 tablespoons barley flour which has been stirred into 1 cup milk.

Boil 5 minutes.

Add  $\frac{3}{4}$  cup nuts or shredded cocoanut, pour into serving dish.

Serve cold, with or without cream.

Add more caramel or syrup, or chocolate, to taste for the ice cream.

NOTE: For variety, substitute sago, tapioca, or any cereal, for the barley flour.

This may be thinned with more milk and cream, and frozen for an ICE CREAM (q. v.)

TAKE 6 apples and slice them into pudding dish, with  $\frac{3}{4}$  cup raisins, figs or dates, and some crushed nuts.

Sweeten with 2 tablespoons brown sugar or syrup.

Cover with biscuit crust, bake, and serve hot or cold.

APPLE.

Any fruit may be used.

A good lunch dish.

TAKE 3 pints milk, and pour into greased pudding dish.

BAKING DAY.

Add 4 tablespoons natural brown rice, honey or maple syrup, and nutmeg or almond flavoring, to taste.

Bake 2 hours in a slow oven.

TAKE 1 cup cooked cornmeal.

CORNMEAL.

Stir in 2 cups fruit (figs, raisins and rhubarb, or apricots), and pour into mold while warm.

Serve, dotted with nuts, and cherries or jelly, and with or without chocolate sauce.

TAKE  $1\frac{1}{2}$  cups cooked cornmeal.

CHOCOLATE.

While heated, melt in 3 tablespoons cocoa.

Add 1 pint evaporated milk, sweeten and flavor to taste.

Mold, and serve with cream.

<b>CONGLOMO.</b>	TAKE 2 cups odds and ends of bread, cake, cookies and cereals.
<b>A complete meal.</b>	Arrange in alternate layers with 4 or 5 large apples, sliced, $\frac{1}{2}$ cup each of dates, and nuts.
<b>Makes a good lunch or supper.</b>	Sweeten with $\frac{1}{4}$ cup brown sugar, or syrup, pour over it $\frac{1}{2}$ cup of water, and bake $\frac{1}{2}$ hour.
<b>APRICOT.</b>	TAKE 1 cup evaporated apricots.
<b>Any evaporated fruit may be used.</b>	Place in pudding dish with 1 scant cup water. Cover with thin layer of biscuit dough. Bake slowly, and serve plain, or with any sauce desired.
<b>Steamed fruit.</b>	TAKE FRUIT CAKE recipes as given, bake in marshmallow tins, and put away for a few days (indefinitely, if you use FRUIT CAKE No. 3.)
<b>See "Fruit Cake."</b>	When you wish to serve as a pudding, steam the quantity required, or boil it for $\frac{1}{4}$ hour.
	Serve with HARD SAUCE, LEMON SAUCE, or DATE SAUCE (q. v.).
<b>CAKE.</b>	TAKE 2 tablespoons Sawtay, $\frac{1}{2}$ cup boiling water, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon, 1 cup molasses, 1 teaspoon soda, $\frac{1}{2}$ cup cornmeal, $1\frac{1}{2}$ cups Wheatsworth rye flour, $\frac{1}{4}$ cup raisins.
<b>"Ginger Bread."</b>	Bake $1\frac{1}{2}$ to 2 hours.
<b>CORNMEAL MOLASSES.</b>	TAKE 1 teaspoon soda, $1\frac{1}{2}$ cups molasses or syrup, 4 tablespoons melted Sawtay, 1 cup warm water, or milk, 1 cup each of cornmeal, and barley flour, $\frac{1}{2}$ cup raisins.
<b>Change into a chocolate cake by adding 3 tablespoons cocoa, and using <math>\frac{1}{4}</math> cup less barley flour.</b>	Bake $1\frac{1}{2}$ hours.
<b>LAYER.</b>	TAKE 1 cup brown sugar, and work in 3 tablespoons Sawtay, and add 1 cup milk, or warm water, 2 cups barley flour, or $1\frac{1}{2}$ cups with scant $\frac{1}{2}$ cup cornmeal, 2 scant teaspoons baking powder.
<b>SOLID CHOCOLATE.</b>	TAKE recipe for LAYER CAKE. Add 3 tablespoons cocoa, $\frac{1}{2}$ cup water. Use 1 teaspoon soda instead of baking powder, $\frac{1}{4}$ teaspoon vanilla, or any desired flavoring.
	Bake slowly.

TAKE  $\frac{1}{2}$  cup chopped rinds (grapefruit, orange, **Fruit, No. 1.** lemon). Boil  $\frac{1}{2}$  hour in  $1\frac{1}{2}$  cups water \*and 1 cup brown sugar or syrup.

\*\*Add  $\frac{3}{4}$  cup raisins, 1 cup water, and 3 tablespoons Sawtay, and boil five minutes more.

When cool, add 1 teaspoon soda, and 1 cup any **See "Steamed Fruit Pudding."** substitute flour, and 1 cup cornmeal.

Bake slowly, at least  $1\frac{1}{2}$  hours.

**NOTE:** If you are especially fond of spice, use just enough to give a delicate aroma (say  $\frac{1}{4}$  teaspoon each of cinnamon, and clove or all-spice).

If canned rinds are used, take 1 cupful with juice, and continue as above, from \* or \*\*, according to whether the rinds were sweetened when canned or not.

TAKE as above, except to omit the rinds.

**No. 2.**

The recipe will then require but 2 cups of water, and 2 scant cups of flour.

TAKE 2 cups brown sugar, with  $\frac{3}{4}$  cup Sawtay **No. 3.** worked in, and  $\frac{1}{2}$  cup chopped rinds (as in No. 1) boiled in  $\frac{1}{2}$  cup each of syrup and water.

Add 2 teaspoons baking powder, 2 cups barley flour, 1 cup each of nuts, raisins, figs, dates, and candied fruits. **Keeps for months.**

Add  $1\frac{1}{2}$  cups cornmeal, or enough to make it stiff.

Bake  $2\frac{1}{2}$  hours in desired size loaves for cake and **"Steamed Fruit Pudding."** puddings to be used later.

TAKE  $1\frac{1}{2}$  cups brown sugar, and  $\frac{1}{2}$  cup water, and boil until it hairs from a fork.

**FROSTINGS.  
FRUIT.**

Beat until cool, adding 1 cup nuts and raisins, and any desired flavoring.

Vary by using other fruits chopped fine.

This can be spread between layers, and on top.

**NOTE:** Should you wish to use the beaten white of 1 egg, use half the amount of sugar.

Occasionally use maple sugar.

If corn syrup is used instead of the sugar, take no water.

**PEANUT BUTTER.**

TAKE 1 cup brown sugar, and 3 tablespoons water, and boil as above.

Vary by adding raisins, or raisins and shredded cocoanut.

Beat in 3 tablespoons peanut butter.

When cold may be spread between layers, and on top.

## CONFECTIONS

You May Make Any Amount, as they Keep Indefinitely, Are Fine Food for the Constipated, and Are Good for Dessert.

### Confection.

#### No. 1.

TAKE equal parts of figs, prunes, and seedless raisins. Mix, and run through a fine meat-grinder. Cut into squares, and pack away in parafine paper.

#### No. 2.

TAKE equal parts of dates, raisins, prunes, and nuts. Finish the same as No. 1.

#### No. 3.

TAKE evaporated apricots, with dates and nuts. (Proportion the apricots to suit your taste.)  
Finish as above.

Any one of the above, with nuts, is fine. Use any combination to suit your taste. Dare!

Any such combination may be used with, or without, nutmeats; and plain, or covered.

A pleasant change from the usual chocolate covering is covering with peanut butter frosting (q. v.).

### Cocoanut caramels.

TAKE 4 cups brown sugar and  $\frac{3}{4}$  cup shredded cocoanut. Melt the sugar slowly in a frying pan. Stir in the cocoanut thoroughly, pour in a buttered pan, partially cool, and cut into squares.

### Nut caramels.

TAKE any broken or chopped nut meats, instead of the cocoanut.

### Corn caramels or Rice caramels.

TAKE popped corn, or puffed rice instead of nuts.

A LITTLE COCOA OR CHOCOLATE MAY BE MELTED IN TO VARY THE FLAVOR.

### Maple sugar nut bars.

TAKE 2 cups brown or maple sugar,  $\frac{1}{2}$  cup water and 1 teaspoon Sawtay.

Boil till it threads to a hair, and add  $\frac{3}{4}$  cup chopped nuts and raisins.

Beat till it begins to harden, pour into buttered pan, and cut.

NOTE: If brown sugar is used, flavor with  $\frac{1}{4}$  teaspoon mapleine.

### Cover with chocolate sometimes.

## ICE CREAMS

TAKE 1 tablespoon substitute flour to each quart of milk. (Either barley, sago or oatmeal is good; and if you will use cornmeal you will be surprised to find how well it hides its own flavor in the combination.) Mix well and boil for 5 minutes.

NOTE: If evaporated milk is used, mix the flour in 1 cup of water for each tablespoon of flour. When boiled, immediately stir in the evaporated milk, and proceed with the fruit.

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TAKE 1 or 2 thoroughly ripe bananas to each quart of custard. Mash thoroughly, mix with the custard, sweeten to taste, flavor with almond flavoring, and set aside to cool. When cold, add a little cream, if convenient, and freeze.

THIS IS A NOURISHING LUNCH FOR A WARM DAY.

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Banana ice cream.

Serve with chocolate sauce occasionally.

TAKE 1 heaping tablespoon cocoa, or  $\frac{1}{2}$  square shaved chocolate for every quart of custard. Add to the milk, and boil. Flavor with vanilla.

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TAKE fresh peaches, or berries, or any kind of fruit desired, mash, or cut into small pieces, and add to the custard when half frozen.

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Fruit ice cream.

See CARAMEL PUDDING.

Caramel ice cream.

## FRUITS

"Dead ripe" is  
too ripe  
for food

The moment after a flower or fruit has reached perfection it begins to deteriorate.

When fruit is over-ripe it is rotting and unfit for food.

For best results eat fruit a trifle under ripe.

Coarse fibers  
valuable.

The skins of fruits should be eaten, as chewing them encourages the saliva, and also because all coarse fibers in our diet help to keep the intestines clean.

Pineapple eyes.

Grind the eyes of pineapples with dried fruits and nuts, and make jam.

Ripen your  
bananas.

Bananas should be bought a week or two (depending upon weather conditions) before using. This fruit has such a tough skin, and is picked so green, that ripening is difficult. Hence: Put away in paper bag, in moderately warm place, and use when skin is dark.

Use the skins  
for cleaning.

Use the skins to clean tan shoes.

The skins of lemons, limes, oranges, tangerines, and grape fruit should be used in different ways.

For marmalade.

They are good in marmalade.

For candying

They may be cut into strips, cooked, and candied, to be used as a confection, or with other fruits in cakes and puddings.

In cake, etc.  
in syrup.

They may be run through a meat chopper, and cooked in syrup or brown sugar, and then used in cakes or puddings—or canned for future use.

Canned.

To flavor  
fruit drinks.

They may be soaked in water, and the liquor used in fruit punch or lemonade.

Use less sugar  
and less heat.  
Get more flavor  
and more  
mastication.

In canning fruits use as little sugar as possible, and cook for a shorter time. If the fruit seems a trifle under-done you will get the flavor, and give your teeth a healthy job.

Cranberries  
and apples.

TAKE equal parts of cranberries, and cooking apples cut into pieces. Cook with enough water to prevent sticking. Sweeten to taste.

For winter use.

Can for the winter, if desired.

TAKE tender stalks of rhubarb, wash, cut (not peel), and cook. Before sweetening pour off most of the juice to add to your vinegar jug. This makes Rhubarb vinegar.

Rhubarb sauce.

Rhubarb vinegar.

Or, pour off the juice to combine with pineapple or lemon juice for fruit punch.

Rhubarb with fruit punch.

TAKE rhubarb (cut as for sauce), put into baking dish, add sugar syrup, or sprinkle brown sugar over the top, and bake. No great heat required.

Rhubarb, baked.

TAKE 1 pound each of figs and prunes, and soak overnight in 2 quarts of cold water. In the morning add 1 pound raisins (seedless or seeded) and  $\frac{1}{2}$  cup nuts. Cook very slowly for half an hour.

Dried fruit conserve.

This may be made when the fruits can be bought in quantity, cheaply—and put into cans for future use.

For winter use.

When rhubarb is in season it may be used instead of figs or prunes. In this case use only half the amount of water and add a little sweetening.

NOTE: WHEN PREPARING FOR BABIES For babies.  
OMIT THE NUTS.

TAKE tender stalks, wash thoroughly (leave skins on), cut them up, and mash them to a pulp. Pack and crowd the jars full, and seal tightly.

To can rhubarb without cooking.

Before using, heat, and sweeten to taste.

Will keep indefinitely.

While hot, may be poured over stale cake, allowed to stand a few minutes, and then served for dessert.

Cottage pudding.  
Rhubarb sauce.

May be made of rhubarb, or of rhubarb and fruit rinds.

Should be gathered and used all during their season as well as for preserves.

## MENUS

	BREAKFAST	LUNCHEON	DINNER
SUNDAY	Canteloupe Dates Almonds	Rice and Cream or Macaroni Pudding and Milk	Mock Meat Roast, Celery Fruit Salad Steamed Pudding
MONDAY	Orange Juice Raisins Pecans	Ice Cream Bread and Butter Sandwiches or Cocoa	Celery Soup Stuffed Squash
TUESDAY	Pineapple Juice Figs Walnuts	Short Cake	Vegetable Hash Cress Salad Almonds and Raisins
WEDNESDAY	Apricots Bran Biscuits Pot Cheese	Fruit Salad Bread and Butter Nuts	Vegetable Soup Cornmeal Pudding Raisins
THURSDAY	Prunes Cracked Wheat Cream or Milk	Vegetable Salad Bread and Butter Cheese	Corn Chowder Cabbage Salad Pot Cheese
FRIDAY	Apples (Raw or Baked) Uncle Sam Cream	Peas and Carrots Bread and Pot Cheese	Rice Rarebit Green Salad
SATURDAY	Grape Fruit Ripe Bananas	Tomato Soup Bread and Butter	Beans Bread and Butter Lettuce Salad

## NOTES ON MENUS:

1. For those who must have a hot drink, use Sanacaf, or Cambric Tea (a little milk with hot water), or

Hot drinks with meals.  
Sanacaf.  
Cambric tea.

TAKE barley, and brown in frying pan, or roast in oven. Barley coffee.

Put on in cold water to boil for a few minutes.

Serve with cream, and sweetening if desired.

2. For those who can arrange for it, an entire fruit breakfast is ideal.

3. EAT fruit juices and milk slowly, with a spoon, so that saliva will have a chance to mix with the liquids.

Ideal breakfasts.  
How to produce it.

## RELISHES

For those who think they need one, while learning to live more simply,

TAKE 25 long, slender, green cucumbers. Wash, Oil pickles. and cut into slices, leaving the skins on. Sprinkle generously with coarse salt, and let stand 6 hours, or overnight. Dash cold water over all, drain till dry, and place in stone crock.

Keeps indefinitely.

Bring to the boiling point enough vinegar to cover them, and pour it over them.

When cold, add 1 pint oil, 1 ounce celery seed, and  $\frac{1}{2}$  ounce mustard seed. May be canned.

## SALAD DRESSINGS

Use salt and pepper sparingly.

Avoid sugar in combination with vinegar and mustard.

Use very little salt.

Use very little pepper.

Use very little mustard. (A mustard poultice is better when applied externally.)

Lemon juice is always preferable to vinegar.

Only the very purest vinegar should enter your kitchen at all.

Use rhubarb juice in season, and make your own rhubarb vinegar.

A little oil (peanut butter may be included) is the best dressing for a salad containing an acid fruit.

Evaporated or condensed milk, or a milk powder, may be used instead of milk or cream, provided only the plain, unsweetened preparations are used.

TAKE 2 tablespoons rhubarb or lemon juice. Beat in 4 tablespoons oil, and  $\frac{1}{4}$  teaspoon salt.

With acid fruit use oil.

Use only unsweetened milk preparations.

Plain dressing.

Cream dressing.

Make some muffins with what's left.

Or set it away with a topping of oil.

Peanut butter dressing.

Keeps well.  
Use with acid fruits.

Cheese dressing.

Keeps well.

Gives a basis for pleasant variations.

Avoid sugar in combination with vinegar and mustard.

Use very little salt.

Use very little pepper.

Use very little mustard. (A mustard poultice is better when applied externally.)

Lemon juice is always preferable to vinegar.

Only the very purest vinegar should enter your kitchen at all.

Use rhubarb juice in season, and make your own rhubarb vinegar.

A little oil (peanut butter may be included) is the best dressing for a salad containing an acid fruit.

Evaporated or condensed milk, or a milk powder, may be used instead of milk or cream, provided only the plain, unsweetened preparations are used.

TAKE 2 tablespoons rhubarb or lemon juice. Beat in 4 tablespoons oil, and  $\frac{1}{4}$  teaspoon salt.

TAKE  $\frac{1}{2}$  cup sour milk or cream. Beat into it 2 tablespoons (level) peanut butter, and  $\frac{1}{2}$  teaspoon salt. (If milk is used, use also 1 tablespoon oil.)

If you have any left, it may be used in making cookies, bread, cake or muffins.

Should you wish to keep it a few days, spread a little oil over the top to prevent it getting too sour.

TAKE  $\frac{1}{2}$  cup peanut butter or other ground nut meats. Beat into this (at first adding only a little at a time) 1 cup (or more, if you like) of olive, peanut, Mazola, or other good oil, and  $\frac{1}{2}$  teaspoon salt.

This keeps indefinitely, and is delicious for salads containing acid fruits.

Take  $\frac{1}{4}$  pound sharp cheese, and mash, grate or scrape. Beat in oil (as above) and 1 teaspoon salt.

This keeps a long time, and may be varied occasionally by adding peanut butter or other ground nuts, or by beating in sour milk or cream.

TAKE 3 tablespoons barley or any substitute flour. Mix and stir in 2 teaspoons salt and  $\frac{1}{2}$  teaspoon mustard. Beat in  $\frac{1}{2}$  cup oil, and boil for five minutes, gradually adding  $\frac{3}{4}$  cup cider or rhubarb vinegar. When thick, gradually add 1 cup milk, stir smooth, and boil a few minutes longer. Take from fire and stir in another  $\frac{1}{2}$  cup milk or cream. When cold, whip in another cup of oil.

Boiled dressing.

Keep in glass jars.

Cover when cold.

When needed, take out required amount, and beat in more milk, cream and oil, according to the richness desired. The milk or cream used may be sweet or sour.

Let the salad or your taste decide the richness of the dressing.

## SALADS

Salads may be used as complete meals.

There are three requirements: (1) Any salad vegetable. (2) A dressing or binding ingredient. (3) The variable.

In connection with No. 3 remember that only one acid fruit should be used in a salad at a time.

An acid fruit combines readily with sweet fruit.

Some people should avoid the combination of acids and starch, though acid usually helps to digest starch. Study your case.

Peanut Butter or other crushed nuts may be used interchangeably. Suit your taste.

Every salad should include one ingredient which requires mastication. Nut meats—merely broken—are invaluable.

Use any Salad Vegetable with any of the variations which follow:

For "a salad meal" complete, use

(1) A salad vegetable.  
(2) A dressing.  
(3) See recipes.

Combine acid fruits—No!  
Acid with sweet—Yes.

With starch?

Crushed nuts supply oils.

Broken nuts encourage saliva.

See "Salad requirements."

## VARIATION

For Part 3 use

No. 1. Very ripe bananas, oranges, grape fruit, or apples, sliced; nuts; and raisins.

Fruits and nuts.

DRESSING: A little peanut oil, or peanut butter and oil beaten together.

No. 2. Any cold cereal, or any cold "left over" vegetables, cut into dice; and nutmeats.

Cereal or cooked vegetables, cold, and nuts.

DRESSING: Cream or cheese dressing.

No. 3. Celery; apples; and small cheese balls.

Celery, apples and cheese.

DRESSING: Boiled dressing.

- Celery, fruits and nuts.** No. 4. Celery; apples; figs, dates or raisins; and nuts.  
DRESSING: Cream or Peanut Butter dressing.
- Bananas, tomatoes or rhubarb, and nuts.** No. 5. Bananas; tomatoes, or rhubarb (q. v.); and nuts.  
DRESSING: Peanut Butter dressing.
- Cereal, tomatoes or rhubarb, and nuts.** No. 6. Cold cereal (diced); tomatoes or rhubarb; and nuts.  
DRESSING: Plain or Boiled dressing.
- Fruit and nuts.** No. 7. Bananas; peaches; and nuts.  
DRESSING: Cream dressing.
- Celery knobs and beans.** No. 8. Celery knobs, and string beans.  
DRESSING: Plain or Cheese dressing.
- Cabbage salad.** TAKE as tender, close-headed cabbage as you can get, clean and chop or shave. Cut up an onion, and fry in Sawtay or other good oil. Add the cabbage, salt to taste, and stir, over the fire, for two or three minutes, while it wilts.
- Vary the dressing.** This may be used plain, with Cream or Boiled Dressing, or with a little rhubarb or cider vinegar (added during the wilting process).  
Try it the different ways, and suit your taste.

## SAUCES

- Hard.** TAKE scant  $\frac{1}{2}$  cup brown sugar.  
Cream it with 2 tablespoons Sawtay, adding any desired flavoring.
- Lemon.** TAKE 2 tablespoons brown sugar, mixed with  $\frac{1}{2}$  tablespoon rice or barley flour, or powdered arrowroot.  
Stir into it the juice of 1 lemon, and  $\frac{1}{2}$  cup water.  
Boil ten minutes and add  $\frac{1}{4}$  teaspoon vanilla.
- Date.** TAKE  $\frac{1}{2}$  tablespoon thickening (as above), blended into  $1\frac{1}{2}$  cups water. Boil 5 minutes.  
Add  $\frac{1}{2}$  cup dates and a few crushed nuts, and boil 5 minutes more.
- Figs or raisins may be used just as well.**

## VEGETABLES

Fresh vegetables are always best.

Fresh

They should be cleaned with a brush, in cold water, folded into wet towel, and kept in a cold place until used.

Clean

Crisp.

To keep the virtue in the vegetables as much as possible, begin cooking with boiling water or high pressure steam.

Hot water or

To draw virtue into liquor, begin cooking with cold water

If the vegetables are old, soak in cold water (using freshening only the needed amount), and cook in the same water.

The mineral salts are in or close to the skin. Peeling wastes valuable salts. Therefore leave it on all vegetables.

Whenever possible, steam vegetables instead of boiling them. Steaming is best.

This especially applies to corn (which is also sweeter if the ears are left wrapped in some of the inner leaves while cooking) and squash.

Sweet corn (as all other vegetables) will be sweeter with less cooking.

Dried sweet corn needs only soaking and heating. Dried corn.

Any vegetable that tastes good raw, requires very little cooking. Get the habit of eating vegetables that now seem to you a trifle under-done.

Minimum of cooking conserves flavors and nutriment.

WHEN COOKED UNTIL PASTY, THEY ARE LESS TASTY.

Cook vegetables the minimum of time, and serve (and eat) with the liquor; or save it with the leftover portions, for soup or hash as per directions (q. v.); or serve hot as a cup drink (a bit of butter or a few drops of oil may be stirred in).

Vegetable liquors valuable in soups or hash or to drink like tea or coffee.

DANDELION and ASPARAGUS liquors are especially satisfying used in this way, and are valuable in toning up the system, intestines and kidneys.

When baking bread, bake some vegetables en casserole. Use all the oven heat.

Health and strength without cost to be had from common "weeds."	Learn to use the food values in the following leaves:  PURSLANE (sometimes called "pussy"). This makes a good combination with potatoes, beets, rice or macaroni.
	MILKWEED, COWSLIPS (MARSH-MARIGOLD) and SUMACH, while very young and tender.
	DOCK, DANDELION, WILD WATERCRESS, SORREL—both WOOD SORREL and the kind children call "SOURS," NASTURTIUM and RHUBARB.
	The tender young pods of wild MUSTARD, and PEPPERGRASS, are also good to scatter through a salad, or to use with potatoes, rice or macaroni.
Rhubarb leaf sandwich.	The leaves of the early fresh rhubarb make a good green vegetable or salad, or sandwich mixture (q. v.).
Lengthen the rhubarb season.	NOTE: When the rhubarb plants get well grown, pull off all the leaves except a small center. Soon there will be a tender fresh growth. This process repeated as often as necessary will keep you supplied with tender rhubarb until August, after which it should be used only for the vinegar.
Do you empty your pocketbook to fill your garbage can?	Carrot tops may be substituted for parsley, or may be chopped and cooked with the carrots, or in soups.  Radish, beet and turnip tops may be used as spinach, or as above.
	Young onion tops may be used in salad, or may be ground, and used in soups or any baked dish.
	Celery tops may be used in salad or soups.
Use everything usable.	Cauliflower leaves may be cut up and boiled with the head, or separately; and any left over may be used, cold, in salad.

TAKE 2 cups cooked beans, lentils, or split peas. Add 1 cup cooked rice, barley, macaroni, or any other cereal desired. Thoroughly mix with  $\frac{1}{2}$  cup peanut butter, some onion cut into small pieces, and  $\frac{1}{2}$  cup vegetable liquor (carrot is best) or water. Spread a little Sawtay or other oil over the top. Roast, and serve hot.

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Vegetable roast.

With a green vegetable or salad, makes a complete dinner.

TAKE 3 cups cooked split peas, beans, or lentils. Add  $\frac{1}{2}$  cup crushed nut meats, and some onion, cut up. Thoroughly mix with  $\frac{1}{2}$  cup carrot liquor, and season. Spread the top with Sawtay or other oil. Bake, and serve hot, with baked potato or boiled rice and cabbage.

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Mock roast.

Serve with baked potato or boiled rice, and cabbage salad.

TAKE 2 cups boiled rice (or any other cereal) alone or in combination with dried corn or other vegetable. Add  $\frac{1}{2}$  cup peanut butter or crushed nuts, a chopped onion, some celery, and parsley or carrot tops. Season and mix with  $\frac{1}{2}$  cup water. Oil the top as directed above. Bake, or heat thoroughly and serve hot.

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Rice and vegetable meat.

TAKE any cooked underground vegetable, and any green vegetable (well cleaned). Cut or grind in food chopper. Mix with chopped onion,  $\frac{1}{2}$  cup water and any cooked cereal, and season to taste. Oil the top, and bake for  $\frac{1}{2}$  hour.

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Vegetable hash.

TAKE the same ingredients, but prepare and mix them RAW, and bake en casserole.

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En casserole.  
Delicious and healthful.

TAKE 1 cup each of rice (natural brown) and lentils cooked until tender. (To save fuel, boil rice enough for two meals.) Alternate layers of the rice and lentils, with a sprinkling of fried onions, in a dish. When you have the required amount, cover with 3 tablespoons of Sawtay or other oil, and keep hot until ready to serve. Have ready a scant cup of seeded raisins, and  $\frac{1}{2}$  cup pignolia nuts browned, mixed together, and warm. When time to serve, place rice and lentils on platter, with nuts and raisins over top.

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Pilau  
(a Persian dish)

A complete meal.

Luxurious with a green salad.

The above may be prepared without lentils or onions.

**Rice rabbit.** TAKE 3 cups boiled rice. Heat slowly, shaving in 3 ounces sharp or mild cheese. When well melted in, add evaporated (or other unsweetened preparation) milk till of thick, creamy consistency. Season to taste and serve very hot.

**A fine luncheon.**

This may be baked, for a change.

With a green salad makes an ideal dinner.

Macaroni may be used in the same way. (Before the war, I used whole wheat macaroni.)

Adding cooked tomato makes a pleasing variety.

**Rice and tomato.**

TAKE 3 cups boiled rice. Add a fried onion, 2 tablespoons Sawtay or other oil, seasoning, and 1 cup cooked tomato (either ripe or green). Heat on top of the stove, or bake, and serve hot.

Cheese may be added if desired.

Stuffed squash or stuffed egg-plant.

TAKE Summer Squash or Eggplant, wash, and cut in half, or take out a good-sized disk with the stem. Slightly hollow out, and stuff with bread dressing. Bake en casserole, or steam. Use seeds and inside which was hollowed out, as a cover, or pile them at one side.

Save any left over for vegetable hash or soup.

**Bread dressing.**

TAKE 1 small onion, 2 or 3 stalks celery (with leaves), all well chopped. Add  $\frac{1}{4}$  cup chopped carrot tops or parsley, 2 cups bread crumbs (unfermented bread), and  $\frac{1}{2}$  cup crushed nut meats. Mix thoroughly and fill shells, moistening each with  $\frac{1}{2}$  cup water before baking.

Adding also  $\frac{1}{4}$  cup peanut butter makes a fine change.

Warmed on stove or baked, is a satisfactory meal in itself.

TAKE kale, and sweet potatoes, and boil or steam with very little water.

This is a delicious combination. Season when cooked.

USE NUTS.

USE NUTS FOR DESSERT.

Or beets.

TAKE kale and beets in the same way, using very little water.

TAKE dried beans (any kind can be made palatable by preparing in this way). Soak in cold water overnight, and boil in the same water till tender. Season to taste with a little onion juice, celery salt, and Sawtay or other oil, and brown in the oven (or if that is not convenient, simply cook for a little longer on the top of the stove).

Beans en casserole.

Serve hot or cold with baked potato or bran bread.

With a green salad is a complete meal.

TAKE beans, and prepare as above, adding  $\frac{1}{4}$  cup molasses or corn syrup to each quart of beans. Instead of using the Sawtay, a few strips of bacon may be laid over the top. Then bake quickly.

Sweetened. Trimmed with bacon.

TAKE a pint (or more if you like) of cooked beans and a pint of cooked natural brown rice, barley, macaroni or any other wholesome cereal (whole or cracked wheat, if these were not war times).

Season as for either recipe above, and arrange in baking dish in alternate layers.

Lentils or peas may be prepared in the same way. Or Lentils.

With a green vegetable or salad this completes a wholesome meal. Or peas.

The green vegetable may be cut up and baked in with the other vegetable and cereal.

Escalloped beans. With salad a wholesome meal.

TAKE left-over beans, with juice. Add a little cooked cereal (any kind), chopped onion and parsley. Thin out as desired, with the liquor in which vegetables have been cooked, or with water, boil a few minutes, season, add a little Sawtay or other oil, and serve.

Bean soup. Complete the repast with sago or steamed pudding.

ANY VEGETABLE THAT IS LEFT OVER MAY BE RUBBED INTO THIS OR ANY OTHER SOUP.

TAKE  $3\frac{1}{2}$  cups cooked tomato (green or ripe) and  $\frac{3}{4}$  cup cooked oatmeal or other cereal. Season and flavor with onion. Stir well together and serve hot. The seeds should be left in the soup. The intestines need them.

Tomato soup.

Nuts and raisins complete this meal.

**Potato soup.**

TAKE 6 good-sized potatoes, clean with a brush, and cut into dice. Add an onion, cut up, and 3 quarts of water, and simmer for an hour. Brown 4 tablespoons substitute flour in frying pan, add 1 tablespoon Sawtay or other oil, stir and brown a little more. Add this to the soup and boil for 5 minutes. Season to taste and serve hot.

**Sweet potato soup.**

TAKE 4 large sweet potatoes, clean in cold water, and cut into dice. Add 1 onion cut up fine, 1 quart of kale chopped, and 3 quarts of water.  $\frac{3}{4}$  cup cooked cereal may be used, or omitted, as convenient. Season, and simmer slowly until time to serve.

**Or en casserole.**

FOR A CHANGE USE VERY LITTLE WATER, AND COOK EN CASSEROLE.

**Mock beef soup.**

TAKE 6 or more carrots, with the tops; 3 onions, and celery leaves or some celery stalks. Chop well add 3 quarts water and simmer.

For dessert a few nuts and raisins or some oatmeal crisps.

A few potatoes, or  $\frac{1}{2}$  cup oatmeal or other cereal may be used if desired.

This tastes like beef soup, and makes a complete meal without any addition.

**Corn chowder.**

TAKE 1 cup dried corn, and soak in 2 cups warm water for an hour or more.

Add some chopped celery leaves, and onion. Heat through, and add  $1\frac{1}{2}$  quarts milk. Season, and serve hot.

This may be thickened if desired with a little cooked cereal thoroughly stirred in before the milk is added.

Two cups canned or fresh corn may be used instead of the dried corn.

**Vegetable chowder.**

TAKE  $2\frac{1}{2}$  cups of whatever vegetable you wish to have predominate (corn, carrots, parsnips, celery, etc.), and cut into dice, or strips.

Add  $\frac{3}{4}$  cup chopped green leaves,  $\frac{1}{2}$  cup oatmeal or other cereal, 3 quarts water, and simmer.

When done and ready to serve season to taste, and add a little crisp bacon, and an onion browned in the bacon fat.

TAKE 4 or 5 onions cut up fine, and steam them in Sawtay or other fat, about 5 minutes. Add left-over cereal, or potatoes, cut-up fine, 1 pint tomatoes,  $\frac{1}{2}$  cup peanut butter and 2 quarts water. Cook 5 minutes more, season, and serve hot.

TAKE same ingredients, except that you omit hash or casserole. the 2 quarts of water. Pack in alternate layers, in a casserole, finishing with tomato and some of the peanut butter on the top, and bake; or mix all together and cook on top or the stove.

## HOW TO FEED CHILDREN

You call the children into being, for what?

"Control" means sanity, happiness, power.

"Indulgence" means distorted thinking, discord, impotence.

Train the bowels to function regularly.

Not drug them into occasional and spasmodic action.

Prevent constipation.

Water is necessary to health. The habit of drinking freely safeguards the health.

To establish this habit is to protect the child's future. If you love your child enough you will be firm.

Milk should not be too rich.

Let us people the world with a new race, by giving the coming generation the right beginning.

Let the mothers START THE CHILDREN WITH CORRECT HABITS, to make their CORRECT LIVING (as our future men and women) a natural desire, and a FIXED HABIT.

REGULARITY is a fine habit.

FROM BIRTH, baby's bowels should be regulated without drugs.

Would you whip a starved horse up hills? Or would you feed him? Drugs merely whip up the functions. They need TRAINING, not whipping.

Often babies are constipated because the milk is too rich, or because they swallow it without mixing the saliva with it. If your milk runs too freely, harden the nipple with lemon juice. (Bottle nipples should have small holes.) Dilute the food. Give several drinks of warm or cool water daily.

If baby cries before feeding time, give water or juice of sweet oranges greatly diluted. (As child grows older, dilute less.)

If the little one doesn't seem to like water, omit a feeding and give water only for that meal.

A wise and truly loving mother will think of the child's FUTURE, and will do those things which will train the man or woman of to-morrow. Water is necessary for baby's future health (and incidentally for mother's present comfort).

Bottle-fed babies will thrive on milk from healthy Alderney or Holstein cows, or from cross-breeds of either of these with either Jersey or Guernsey. The milk of either of the latter alone is too rich and heavy with fats.

There are many good foods on the market, and you must use the one that is best for your child. Adapt the food to the child, and follow out directions for breast-fed babies.

For the first three months feed baby every three hours. When to feed.

For the next three months, every three and a half hours.

Omit night feedings after the sixth month, and give the child some Oatmeal or Vieno Cereal Gruel three times daily. Barley water is very fine for a beginning. Gradually increase the thickness of the gruel, until the regular porridge is taken easily.

The juice of prunes, pineapple, or sweet oranges should be given two or three times daily, right along, with plenty of water.

The seventh month, give baby some thin apple sauce, orange or prune pulp, for breakfast; and give a hard crust after the fruit is eaten. For his next feeding give breast milk, or milk in bottle.

As soon as possible cut out all breast feeding. See that the holes in the bottle nipple are small, so that the child will have a chance to mix milk with saliva —which is necessary for good digestion.

The third meal should be porridge and milk, and the last feeding milk.

As the child is nearing its first birthday, give some "Dinner" menus. baked potato and cooked spinach or other green vegetable, or a vegetable soup, or vegetable hash, for dinner. The other meals the same as before.

Children will build a better body on natural foods without the use of eggs, meats or meat broths.

Till a child is two years old it may have four feedings daily. Then begin the three meal plan. Three meals daily are enough for any child of two or more.

But make them REGULAR. "Snacks" are bad habits.

After nursing, find a suitable food.

Begin with the gruel. Increase thickness.

Fruit pulp, followed by a hard crust.

Milk must be eaten.

Digestion really begins in the mouth.

Eggs and meats do not nourish the child body as well as other foods.

Three meals daily. Train your children to eat only at mealtimes.

**Avoid over-  
feeding.**

Study your child and know how much food it requires for fine physical fitness. Avoid overloading the body.

**See that the  
teeth do their  
work thoroughly.**

Some children can burn more fuel than others. Feed according to the needs; and see that it is eaten—not merely swallowed.

**This will aid  
the stomach, and  
prolong the life  
of the teeth.**

Begin or end the meal with a hard bran cookie, or crust of bread.

**The ideal foods.**

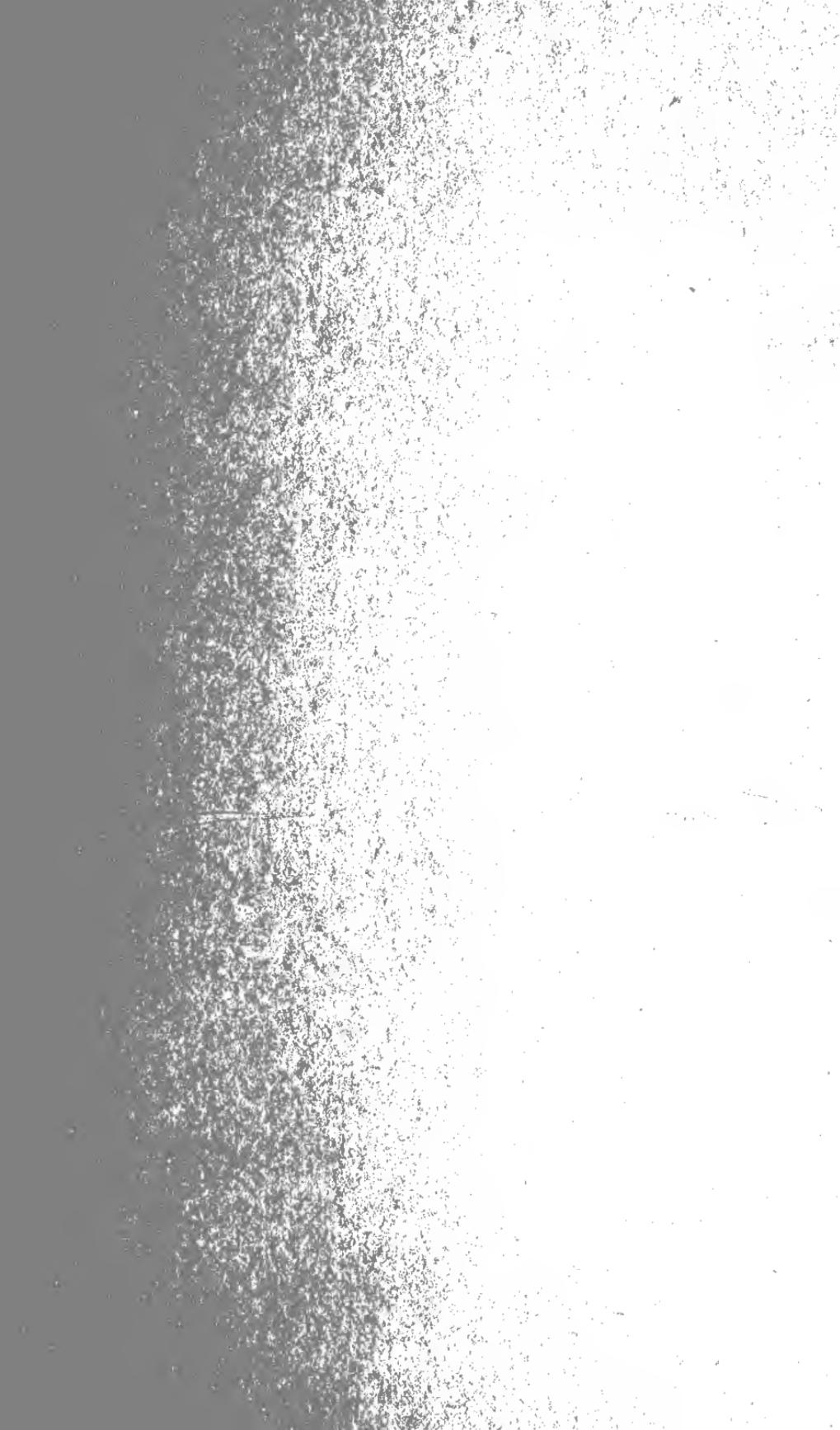
**FRUIT** for BREAKFAST, VEGETABLES for DINNER, PORRIDGE and MILK for SUPPER will bring ideal health.

Delicate babies need more attention and special advice.

In general, keep them on milk and gruel for a longer period.







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